



# January 2021 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Due to the need to limit gatherings and for everyone's safety, we are requiring each person call the day before you want to attend MOCA House Program the following day.</b></p>					<p><b>1</b> NAMI/MOCA House CLOSED Happy New Year!</p> 	<b>2</b>
<b>3</b>	<p><b>4</b> 1:00 Basic Fitness ♥ Break 1:45-2 2:00 Art w/ Candace 5:00 pm Zoom DBSA</p>	<p><b>5</b> 12:30 Prayer &amp; Spirituality w/ Steve 1:00 DBSA Break 1:45-2 2:00 Co-ed discussion group w/ Scott 6:30 Family Support Group</p>	<p><b>6</b> 1:00 Nutrition Niblets ♥ Break 1:45-2 2:00 Schizophrenia/Schizoaffective Group 6:15 Writing for Wellness (Zoom)</p>	<p><b>7</b> 12:30 Art w/ Candace Break 1:45-2 2:00 NAMI Connection</p>	<p><b>8</b> 12:30 Prayer &amp; Spirituality w/ Steve 1:00 Trivia Break 1:45-2 2:00 Winning Against Relapse</p>	<b>9</b>
<b>10</b>	<p><b>11</b> 1:00 Basic Fitness ♥ Break 1:45-2 2:00 Art w/ Candace 5:00 pm Zoom DBSA</p>	<p><b>12</b> 12:30 Prayer &amp; Spirituality w/ Steve 1:00 DBSA Break 1:45-2 2:00 Co-ed discussion group w/ Scott</p>	<p><b>13</b> 1:00 Basic Fitness ♥ Break 1:45-2 2:00 Schizophrenia/Schizoaffective Group 6:15 Writing for Wellness (Zoom)</p>	<p><b>14</b> 12:30 Art w/ Candace Break 1:45-2 2:00 NAMI Connection</p>	<p><b>15</b> 12:30 Prayer &amp; Spirituality w/ Steve 1:00 Open art Break 1:45-2 2:00 Winning Against Relapse</p>	<b>16</b>
<b>17</b>	<p><b>18</b> 1:00 Basic Fitness ♥ Break 1:45-2 2:00 Art w/ Candace 5:00pm Zoom DBSA</p>	<p><b>19 10am Staff meeting</b> 12:30 Prayer &amp; Spirituality w/ Steve 1:00 DBSA Break 1:45-2 2:00 Co-ed discussion group w/ Scott</p>	<p><b>20</b> 1:00 Nutrition Niblets ♥ Break 1:45-2 2:00 Schizophrenia/Schizoaffective Group 6:15 Writing for Wellness (Zoom)</p>	<p><b>21</b> 12:30 Art w/ Candace Break 1:45-2 2:00 NAMI Connection</p>	<p><b>22</b> 12:30 Prayer &amp; Spirituality w/ Steve 1:00 Bingo Break 1:45-2 2:00 Winning Against Relapse</p>	<b>23</b>
<b>24</b>	<p><b>25</b> 1:00 Basic Fitness ♥ Break 1:45-2 2:00 Art w/ Candace 5:00pm Zoom DBSA</p>	<p><b>26</b> 12:30 Prayer &amp; Spirituality w/ Steve 1:00 DBSA Break 1:45-2 2:00 Co-ed discussion group w/ Scott 5:30 PALS Support Group</p>	<p><b>27</b> 1:00 Wooster Hospital Dietician ♥ Break 1:45-2 2:00 Schizophrenia/Schizoaffective Group 6:15 Writing for Wellness (Zoom)</p>	<p><b>28</b> 12:30 Art w/ Candace Break 1:45-2 2:00 NAMI Connection 6:30pm Board Meeting</p>	<p><b>29</b> 12:30 Prayer &amp; Spirituality w/ Steve 1:00 Open art Break 1:45-2 2:00 Winning Against Relapse</p>	<b>30</b>
<b>31</b>						

# February 2021 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>1</b> 1:00 Basic Fitness ♥ Break 1:45-2 2:00 Art w/ Candace 5:00pm Zoom DBSA</p>	<p><b>2</b> 12:30 Prayer &amp; Spirituality w/ Steve 1:00 DBSA Break 1:45-2 2:00 Co-ed discussion group w/ Scott 6:30 Family Support Group</p>	<p><b>3</b> 1:00 Basic Fitness ♥ Break 1:45-2 2:00 Schizophrenia/Schizoaffective Group 6:15 Writing for Wellness (Zoom)</p>	<p><b>4</b> 12:30 Art w/ Candace Break 1:45-2 2:00 NAMI Connection</p>	<p><b>5</b> 12:30 Prayer &amp; Spirituality w/ Steve 1:00 Bingo Break 1:45-2 2:00 Winning Against Relapse</p>	<b>6</b>
<b>7</b>	<p><b>8</b> 1:00 Basic Fitness ♥ Break 1:45-2 2:00 Art w/ Candace 5:00pm Zoom DBSA</p>	<p><b>9</b> 12:30 Prayer &amp; Spirituality w/ Steve 1:00 DBSA Break 1:45-2 2:00 Co-ed discussion group w/ Scott</p>	<p><b>10</b> 12:30 Nutrition Niblets ♥ Break 1:45-2 2:00 Schizophrenia/Schizoaffective Group 6:15 Writing for Wellness (Zoom)</p>	<p><b>11</b> 12:30 Art w/ Candace Break 1:45-2 2:00 NAMI Connection</p>	<p><b>12</b> 12:30 Prayer &amp; Spirituality w/ Steve 1:00 Valentine craft Break 1:45-2 2:00 Winning Against Relapse</p>	<b>13</b>
<b>14</b>	<p><b>15</b> 1:00 Basic Fitness ♥ Break 1:45-2 2:00 Art w/ Candace 5:00pm Zoom DBSA</p> 	<p><b>16 10am Staff meeting</b> 12:30 Prayer &amp; Spirituality w/ Steve 1:00 DBSA Break 1:45-2 2:00 Co-ed discussion group w/ Scott</p>	<p><b>17</b> 1:00 Nutrition Niblets ♥ Break 1:45-2 2:00 Schizophrenia/Schizoaffective Group 6:15 Writing for Wellness (Zoom)</p>	<p><b>18</b> 12:30 Art w/ Candace Break 1:45-2 2:00 NAMI Connection</p>	<p><b>19</b> 12:30 Prayer &amp; Spirituality w/ Steve 1:00 Yahtzee Break 1:45-2 2:00 Winning Against Relapse</p>	<b>20</b>
<b>21</b>	<p><b>22</b> 1:00 Basic Fitness ♥ Break 1:45-2 2:00 Art w/ Candace 5:00pm Zoom DBSA</p>	<p><b>23</b> 12:30 Prayer &amp; Spirituality w/ Steve 1:00 DBSA Break 1:45-2 2:00 Co-ed discussion group w/ Scott 5:30 PALS Support Group</p>	<p><b>24</b> 1:00 Wooster Hospital Dietician ♥ Break 1:45-2 2:00 Schizophrenia/Schizoaffective Group 6:15 Writing for Wellness (Zoom)</p>	<p><b>25</b> 12:30 Art w/ Candace Break 1:45-2 2:00 NAMI Connection 6:30pm Board Meeting</p>	<p><b>26</b> 12:30 Prayer &amp; Spirituality w/ Steve 1:00 Open Art Break 1:45-2 2:00 Winning Against Relapse</p>	<b>27</b>
<b>28</b>	<p><i>DBSA = Depression Bipolar Support Alliance</i>  <i>NAMI Connection = Peer support group</i>  <i>WRAP = Wellness Recovery Action Plan</i>  <i>PALS = People Affected by a Loved one's Suicide</i>                      ♥ = Health &amp; Wellness Program activities</p> <p style="text-align: right;"><b>STAY SAFE, WEAR A MASK!</b></p>					



**NAMI offices and the MOCA House Program will be closed on January 1, 2021 (New Year Holiday)**

**Expressing Appreciation to our Funding Providers:**



**If you feel suicidal, get help!**

Please call one of the following:  
**911**  
 The Counseling Center of Wayne & Holmes Counties Crisis Line  
**330-264-9029**  
 National Suicide Prevention Lifeline  
**1-800-273-TALK**  
 or Crisis Text line: txt  
**"4HOPE" to 741741**

**Winter Weather Closings**

During the winter months, the NAMI office and MOCA House Program may be closed due to weather. If the sheriff declares a Level 2 or 3 Snow Emergency in Wayne County, we will be closed. Please listen to WQKT (Wooster) and WKLM (Millersburg) or visit their website for any information about closings. If there is a Level 2 in Holmes County and NOT in Wayne County, MOCA House and NAMI offices will remain open, but there will be no van transportation into Holmes County.



### Letter from the Director:

I hope this finds you in a New Year of wellness and growth. We know that mental health recovery is worth pursuing, and we have continued to do that while staying safe in a pandemic. Our MOCA House staff regularly reach out to peers through supportive phone calls and encouragement cards, in addition to our in-person services. Reflecting on 2020, I am inspired by how our peers and families in recovery have adapted and supported one another.

This fall, 17 people graduated from 2 Family-to-Family Education Program Series. Thank you to facilitators Nancee Kearney, Joe Messner, Connie Blacksten, and Donna Neff. Stay tuned for more classes in 2021.

In completing our CIT 40-Hour Training this fall, we are scheduling another training for this spring. Thank you to the CIT Advisory Council for your hard work on ensuring first responders have the skills and tools needed to support people in a mental health crisis.

In all that we do in 2021, I hope you will join NAMI in raising awareness of mental health recovery and reduce stigma for those affected by mental health conditions.

Happy New Year!

*Helen Walkerly*



### Thank you Brooke!

Thank you to Brooke from *Engaging the Spirit* for making

us part of your 25 Days of giving back. We loved having you with us and doing a craft with us!



**\*\*\*SAVE THE DATE\*\*\***

Our **WALK & 5K for Wellness** is **May 22, 2021**. Join us in celebrating mental health recovery! Form a team and make the event fun while raising money to help support our local mental health recovery programs. We will have opportunities to win prizes. Stay tuned for more details on this in the March-April Newsletter. Find more info by clicking on our event at [verticalrunnerrm.com](http://verticalrunnerrm.com)

### Artists Among Us

The fundraising committee discussed how to promote the MOCA House Art Program in a new way, since the Art Auction needed to be postponed. In partnership with Main Street Wooster, we initiated a new event: Artists Among Us. Sixty pieces of art made in MOCA House were displayed in eleven downtown Wooster storefronts for 3 weeks in October.

Many of you already know that we offer art classes each week in MOCA House, and the results are stunning! The art instructors teach skills and techniques.



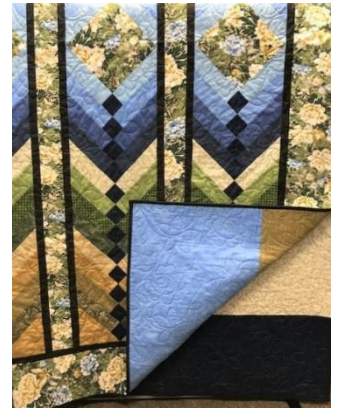
Graham and Burns displayed MOCA Hearts

Peers encourage one another and express their recovery throughout the process.

We are grateful to Main Street Wooster and associated businesses who showcased artwork from the MOCA House Program. We are thankful to Austin-Bailey Health and Wellness Foundation, which provided funding for the art program this year.

### NAMI Quilt Raffle for Walk and 5K for Wellness

Sales are underway, for a chance to win the beautiful handmade quilt, made and donated by Vicky Hartzler. Thank you to Vicky for sharing her talents with us in this way.



The quilt is 88" x 94" and fits a queen size bed. Tickets will continue to be sold until the Walk and 5K for Wellness on May 22, 2021 when we will draw for the lucky winner. Tickets are \$1 a piece or \$5 for six.

### NAMI Annual Membership

Membership in NAMI is open to individuals who are concerned about mental health issues and support our purpose. Our mission is to "Provide a place of safety where all persons affected by a mental health concern feel accepted and can build hope through peer-based programming, and to deliver education, suicide prevention, and support to family members and the community."

Household Membership	\$60.00
Regular Membership	\$40.00
Open Door Membership	\$5.00

If you have questions about when your membership is due, please call Dawn at the office.

Stay connected with us: "Like" NAMI Wayne and Holmes Counties and MOCA House Program on Facebook.

